

Integral Mondo Zen 3 Day Retreat

Led by DoShin Roshi

Northern California ManKind Project

November 1-3; 9.00 AM Friday - 3.00 PM Sunday

Sonoma Mountain Zen Center, Santa Rosa, CA

Register at mkpusa.org/mondo



This is a mixed gender meditation retreat with both sitting and walking meditations. Each day will include the conscious embodiment practice of qigong. Meals will be sustainable, organic vegetarian fare. Participants will have shared rooms and bathrooms.

The total cost of the weekend is \$350.00 per person, including room and board. A \$175.00 deposit is requested at registration. Payment will be based on the Co-creative Contribution Process. Learn more at MKPUSA.org/mondo.

To register, visit the MKPUSA.org/mondo page or contact: **William Prince - wprince2@mac.com**



“Mondo Zen training is one of the most important, creative, and novel additions to the meditation pantheon, highly recommended for the accelerated effect it has on spiritual growth and development. Definitely check it out!”

- Ken Wilber, The Integral Vision

The practice of sitting meditation has been shown to have dramatic positive effects for mental, physical, emotional, and spiritual health. Integral Mondo Zen retreats are a rare combination of sacred ritual, intellectual exploration, deep spiritual practice, and transformative process, led by men and women with a powerful commitment to the betterment of all beings.



“Last month, I did another Hollow Bones (Mondo Zen) up in Loveland, and it has profoundly awakened me. I received some powerful insights on the cushion ... time passes quickly, nothing is permanent, death is inevitable, the ego is just a temporary construct. But the most significant insight was how I have allowed my emotions much more room than they merit, not uncommon for an emotional type. In actuality, the emotions simply

offer information, much like the rest of the senses. Unexamined, my emotions cause powerful reactions like anger, shame, or disconnection, with fear always underneath. Dropping through the fear reveals the deep caring that is present. To be able to feel the deep caring opens the door to love. The Mondo expression “...my angst is my liberation” allows me to shift from a reaction to a loving response from a much deeper place.

- Dennis Mead-Shikaly - Nwta Leader Emeritus

